

# ND National Guard Child & Youth Program

December 2011



Elizabeth Somdahl, Caitlyn Sandeen and Julia Magnus enjoy cookies and hot chocolate at the Fargo Youth Council Meeting where they helped put up Christmas decorations for the Ronald McDonald House.



## CHILD & YOUTH PROGRAM CONTACTS

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## C&YP MISSION

Promote and sustain the quality of life and resilience of National Guard children & youth by providing secure, timely, flexible, high-quality support services and enrichment programs.



[www.ndguard.ngb.army.mil/family](http://www.ndguard.ngb.army.mil/family)  
Service Member & Family Support,  
Child & Youth Program

[www.Facebook.com](http://www.Facebook.com)  
North Dakota National Guard Youth

# Amazing MOM

of the MONTH

MSG Beth Handt



*Beth is my amazing wife of 22 years. And my best friend.*

We have three incredible children, Ethan 10, Emily 10, and Kelsey 15. Beth joined the ND Army National Guard on April 25, 1983 and has worked as a full time technician for over 25 years. Not only is she a dedicated Soldier, she is incredibly dedicated to our family.

I think as spouses we can easily take for granted all the work that our significant other puts into raising a family. I recognized this while I was deployed to Kosovo in 2009-2010. Beth was able to ensure Kelsey made it on time to dance and Emily to swimming, volleyball, and girl scouts; and Ethan getting to baseball, football and basketball. All this while never missing a birthday, keeping the house running, being JFHQ's First Sergeant and working full-time. Beth is very patient and kind.

*I know others have done it but that doesn't make it any easier or less important.*

Beth is also extremely strong. Our Kosovo deployment started with her brother dying in an ATV accident in September, the exact day I came home from Camp Atterbury on a 4 day pass. At the end of the 4 days I returned to Camp Atterbury leaving Beth to work with her family to figure out when and how to pay respect to their brother.

Beth understands the importance of giving back to the community as she has been a dedicated CCD Instructor at Cathedral Church every Wednesday night as well as a Girl Scout Leader for the last nine years. In addition she has assisted with Military Youth Camps as a squad leader.

I thank God every day for blessing me with Beth.

COL Darcie Handt  
Deputy USPFO

Do you know an amazing mom or dad with a military connection? Let us know so we can publicly recognize them! Send an email to Jessi or Beth with a picture & why they are amazing.



# November Events

## 188<sup>th</sup> EN Co Yellow Ribbon Event

On November 19<sup>th</sup>, the Yellow Ribbon Reintegration Team teamed up with the Family Readiness Group to provide a wonderful event for the families of the 188<sup>th</sup> Engineer Co. (V) at the Wahpeton Armed Forces Reserve Center.

## Fargo Youth Council Meeting

The Fargo Youth Council spent the evening of Monday, November 28<sup>th</sup> volunteering at a local Ronald McDonald House. They learned how the Ronald McDonald House impacts the community and families of children that need to stay in the hospital. They spent the rest of the evening decorating for Christmas and sharing in yummy cookies and hot chocolate.





# November Events continued...



## NDSU Military Appreciation Day

Military youth across North Dakota came out in great numbers to participate in the Military Appreciation Day activities sponsored by the Fargo-Moorhead-West Fargo Chamber of Commerce, NDSU and Operation: Military Kids on Saturday, November 12<sup>th</sup> in Fargo. Youth participated in Eat Smart Play Hard activities, Robotics, took pictures with NDSU cheerleaders and were recognized on the field before the game. Thank you for your service and to all the parents and youth that attended.

### Reminder:

There will be no December Youth Council meetings for all locations.



# December Events

## Be the most popular babysitter on the block!

*Take the American Red Cross  
Babysitting Course*

Saturday, December 3rd  
Red Cross Office  
2602 12<sup>th</sup> Street North  
Fargo, ND 58102

Registration fee is regularly \$85. But thanks to a grant by Operation: Military Kids and the ND National Guard Child & Youth Program, the training is **FREE** for military youth!

Register with Beth today to reserve your spot.  
beth.sandeen1@us.army.mil 701-451-6109

## 1, 2, 3, 4 Parent Program

*Central Dakota Parent Resource Center*

Monday Evenings  
December 5, 12 & 19  
6:30 pm – 8 pm

Minot Ward County Courthouse  
Ex-Servicemen's Room

This program teaches parents the fundamental attitudes and skills necessary to parent young child. Takeaways include: parental self-esteem, self-care, methods of bonding, non-violent discipline skills and more!

Register with Holly today to reserve your spot.  
holly.arnold@ndsu.edu 701-857-6450



*Merry Christmas! Ho Ho Ho*

## FREE Open Gym Night for Children of Military Families!

**Sunday, December 18, 2011**

**1:00 – 3:00 PM**

**TNT Kid's Fitness & Gymnastics Academy**  
2800 Main Avenue, Fargo, ND

*Snacks will be provided by U.S. Bank*



Please RSVP to:  
kidscomefirst@tntkidsfitness.org  
or call 701.365.8868  
[www.tntkidsfitness.org](http://www.tntkidsfitness.org)

**Sponsored by:**



Ages 2—18 (Ages 5 & under must be accompanied by an adult)  
All parent/guardians must sign a waiver form when dropping off children  
If your child has special needs or needs one-on-one attention, a provider or parent/guardian must be present

# Professional Development



## **Zero to Three: Coming Around Military Families Duty to Care II Honoring the Healer**

Honoring the Healer addresses the impact on providers who work with military families with young children. Participants will represent a variety of disciplines and roles including early child care, mental health, health providers and social services. This training is intended to increase professional resilience through self care and reflective practice, while minimizing risk for compassion fatigue and burnout.

March 9, 2012  
Holiday Inn  
3803 13<sup>th</sup> Avenue South, Fargo, ND  
8:00 am – 4:00 pm

**Register for this training online at**  
**[www.zerotothree.org](http://www.zerotothree.org)**  
No cost to participants.

**NDSU**  
**Extension Service**

## **Military Child Education Coalition: Supporting Children of the National Guard and Reserve Institute**

The purpose of this course is to help educators and professionals to reach out in a support network to the children and families of the National Guard and Reserve. This training is open to guidance professionals, school administration and other caring adults interested in learning more about the military child. Participants will have the opportunity to earn educational credits in the form 1.2 CEU's for \$25.00.

February 23-24, 2012  
Canad Inns Destination Center  
1000 South 42nd Street  
Grand Forks, ND  
8:00 am-4:00 pm

*Limited Seats Available! Register Early! Log on to [MilitaryChild.org](http://MilitaryChild.org) to register!*  
No cost to participants.

## **Nurturing America's Military Families**

A highly sought after three-week series to strengthen the bonds of couples and families in the military.

Saturdays, Jan 21, 28 & Feb 4, 2012  
NDSU Alumni Center  
1241 N University Drive, Fargo, ND  
9:00 am - Noon

*To register email [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu) or call 701-241-5700*  
No cost to participants.



# Volunteerism

## National Guard Volunteer Awards 2012

The North Dakota National Guard Service Member & Family Support Division recognizes the importance of volunteers in the success of our program. There are many amazing volunteers in North Dakota that deserve plenty of recognition for all they have done to support our military, families, youth and communities.

If you know someone who fits in the following youth categories, I highly encourage you to nominate them. Nominations are accepted until **December 12, 2011**

**The Youth Volunteer Award** – Presented to a National Guard Military Youth 15-17 years old who exhibits exemplary commitment to and support of the National Guard Family Programs. Need to show school and community involvement. The recipient will be invited to the National Guard Volunteer Youth Symposium. (1 recipient)

**Youth Development Volunteer Award** – Presented to an adult who has made a significant impact in the development and support of the youth program. (1 recipient)

Other categories include: Air/Army Guard Family of the Year, Volunteer of the Year, Extra Mile Award (Retiree), Family Program Community Purple Award and The Gold Award.



The nomination packet is available on NDKO or through the Service Member & Family Support Office. Questions can be directed to Justin Mattson, Senior Family Readiness Support Assistant, at 701-333-4805 or [justin.d.mattson@us.army.mil](mailto:justin.d.mattson@us.army.mil)

Winners of the 2012 Volunteer Award Program will be announced and awarded at a formal recognition ceremony.

*"The world is hugged by the faithful arms of volunteers." ~Terri Guillemets*

# Community Support

## Attention Dads!

Do you want to learn hands-on ideas and activities to help your children?

Then sign up for a FREE newsletter series targeting fathers of young children (ages 0-8) and those who support them. Each week for nine weeks you will receive father friendly information that will help you connect with your young children and gain confidence in your role as a dad. To sign up for this free newsletter, provide your email or postal address to Diane at 701-241-5700 or [diane.langer@ndsu.edu](mailto:diane.langer@ndsu.edu) Newsletters will be sent on Wednesdays starting January 4<sup>th</sup>.



## “Adopt our Troops” Project by Girl Scout Troop #30288

Girl Scout Troop #30288 is collecting items that you (or your business) would like to donate. They will box them up and ship them to the men and women in the Armed Forces. They will be collecting on a monthly basis for the next two years to support the troops and earn their community service Bronze Awards.

If you or your organization would like to support the Scouts, contact Erika at 701-766-9549 or [thirdbeanie@yahoo.com](mailto:thirdbeanie@yahoo.com)

## Why are routines so important?

Your alarm clock rings and your day starts off running. You get in the shower, get dressed, get your kids up, get them dressed for the day, get them breakfast, fix any school lunches, pack backpacks, brush their teeth, tie their shoes, get their coats on, and dash out the door. Whew, exhausted already before the day really even starts. You stop and ask yourself some questions on the car ride to dropping off your children. “Why can’t my child do things for her/himself? Why do I always have to do these things for them when they are old enough do them for themselves?

After trying to answer these questions morning after morning and not finding an answer or solution, we have to believe there is always hope. Or do we stop what we are doing and slow down? Yes we decide to slow down and give a new morning routine a try for a week. We know we really need to be there for these life lessons.

So much of this same story above I hear from parents. No matter if you are a single parent or married with your spouse deployed overseas or a friend of someone you know in this situation, we all can relate to these feelings all too well. Yet “hope” is what we think of most.

A regular routine every day is important for a child. We would like our children to be self-sufficient for their own morning routine by the time they enter pre-school. It is important for kids to develop daily living skills, play, and partake in leisure and social activities. A strong support network is needed to create growth, self-confidence and self esteem.

So if you find your child may be struggling with everyday life routines and you both need that extra support, just know you don’t have to struggle alone. There are specialists that work through a “fine tooth comb” to get out all of these “knots”.

If you would like to learn more about the importance of routines, feel free to contact me. We wish you and your family a wonderful Christmas holiday along with a sense of accomplishment for the ever so important morning routine.

Geri Rader, MS, OTR/L, STAR/C  
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*Bringing hope into your life through caring hands*